

Milk - 1% Fat Nutrition Facts

2 servings per container

Serving size **1 Cup (240ml)**

Amount per serving

Calories **110**

% Daily Value

Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 130mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Total Sugars 12g	
Includes 0g Added Sugars	
Protein 8g	16%
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Vitamin D 2.5mcg	15%
Calcium 310mg	25%
Iron 0.1mg	0%
Potassium 400mg	8%
Vitamin A 150mcg	15%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Water Nutrition Facts

8 servings per container

Serving size **1 Cup (240ml)**

Amount per serving

Calories **0**

% Daily Value

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	
Protein 0g	0%
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Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%
Vitamin A 0mcg	0%

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Name of drink: _____

_____ servings per container

Serving size _____

Amount per serving

Calories

% Daily Value

	% Daily Value
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes	
Protein	%
Vitamin D	%
Calcium	%
Iron	%
Potassium	%
Vitamin A	%

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Name of drink: _____

_____ servings per container

Serving size _____

Amount per serving

Calories

% Daily Value

	% Daily Value
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Total Sugars	
Includes	
Protein	%
Vitamin D	%
Calcium	%
Iron	%
Potassium	%
Vitamin A	%

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